

## FRESH ORANGE SALAD DRESSING

*The fresh orange avor comes through in this light and refreshing dressing that really makes salad greens sing.*

- ¼ cup mild vinegar
- 1 teaspoon freshly grated orange zest (orange part of peel)
- ½ cup freshly squeezed orange juice
- 1 tablespoon freshly chopped parsley
- 1 teaspoon sugar
- ¼ teaspoon Worcestershire sauce
- ¼ teaspoon salt
- ½ teaspoon paprika
- ½ cup salad oil

Combine ingredients and blend or shake together thoroughly.

Makes 1¼ cups

## SWEET AND SOUR ROQUEFORT DRESSING

*Perfect for big wedges of lettuce or assorted mixed greens.*

- ½ cup extra virgin olive oil
- ¼ teaspoon paprika
- ½ teaspoon dry mustard
- 1 teaspoon sugar
- 1 tablespoon herb vinegar
- 1 tablespoon fresh lemon juice
- 1 tablespoon dry white wine
- 1 teaspoon Worcestershire sauce
- 2 tablespoons Roquefort cheese, crumbled
- freshly ground pepper to taste

Combine ingredients and blend. Serve over lettuces and/or mixed greens.

Serves 4



## FRESH SPINACH SALAD

*Tender fresh spinach leaves, crispy sweet red apple and just a few bites of smoky bacon make this a salad to look forward to.*

- DRESSING** (makes enough for several salads):
- ¼ cup honey
  - ½ cup good red wine vinegar
  - 1 cup fruity extra virgin olive oil
  - ½ teaspoon salt
  - 1 teaspoon ground black pepper
  - 2 tablespoons Worcestershire sauce

- 1 very large bunch of spinach (about 1 pound)
- 4 scallions, chopped
- 1 red-skinned apple, cored but not peeled and coarsely chopped
- 3 slices bacon, fried crisp, drained and patted dry, then crumbled

Whisk the dressing ingredients together. Combine the salad ingredients, toss with desired amount of dressing and serve immediately.

Serves 4

## TARRAGON GINGER DRESSING

*This is a piquant, almost spicy dressing that is equally good used hot over greens or at room temperature over mixed lettuces.*

- 1 tablespoon fruity extra virgin olive oil
- 1 clove garlic, minced
- 2 tablespoons finely chopped scallions
- ½ cup chicken stock
- 2 tablespoons red wine vinegar
- 1 teaspoon finely grated ginger
- 2 tablespoons chopped fresh tarragon or 1 teaspoon dried
- 2 tablespoons fruity extra virgin olive oil
- salt and freshly ground pepper to taste

In a skillet, heat vegetable oil. Add garlic and scallions and sauté until softened. Add stock and boil until the liquid is reduced by half—about 3 to 4 minutes. Stir in vinegar and cook an additional 2 minutes. Transfer to a bowl. Add ginger and tarragon. Gradually whisk in the remaining 2 tablespoons of olive oil. Add salt and pepper to taste.

Serves 4 to 6



## SESAME SALAD DRESSING

- 1 clove garlic, minced
- 2 tablespoons tahini (sesame seed paste)
- 1 teaspoon honey
- ¼ cup fresh lemon juice
- ¾ teaspoon ground cumin
- ½ cup extra virgin olive oil
- 3 tablespoons freshly chopped parsley
- ¼ teaspoon salt
- freshly ground pepper to taste

Mix all ingredients together in a blender and process until well combined. Taste for seasoning, adding more salt to taste. Serve over mixed salad greens.

Makes about 1 cup

## CREAMY PARSLEY SALAD DRESSING

- ½ cup extra virgin olive oil
- ⅓ cup finely chopped fresh parsley leaves
- 3 scallions, finely chopped
- ½ teaspoon salt
- ½ teaspoon freshly ground black pepper
- 2 tablespoons sour cream (or fresh plain yogurt)

Combine all ingredients except sour cream in food processor, blender or bowl and mix well. With machine running (or using whisk if preparing by hand), slowly add sour cream, blending thoroughly. Refrigerate in an airtight jar.

Makes about 1 cup